

Defeating Your Greatest Opponent Assessment

Answer the questions to determine if you've been benched, are "starter" on the team headed for your dreams or somewhere in between.

1. How often are you reluctant to wake up and get out of bed?
Always, usually, Sometimes, Rarely, Never
1 2 3 4 5
2. How often do you know exactly what you need to do for the day and are prepared to do it?
Always, Usually, Sometimes, Rarely, Never
5 4 3 2 1
3. How often do you wake up looking forward to the day ahead?
Always, Usually, Sometimes, Rarely, Never
5 4 3 2 1
4. How often do you wake up and go right back to sleep?
Always, Usually, Sometimes, Rarely, Never
1 2 3 4 5
5. How often are your days based on living your purpose and/or passion?
Always, Usually, Sometimes, Rarely, Never
5 4 3 2 1
6. How often are your days based on doing what you "should" do rather than what you want to do?
Always, Usually, Sometimes, Rarely, Never
1 2 3 4 5
7. How often is your life based on making ends meet?
Always, Usually, Sometimes, Rarely, Never
1 2 3 4 5
8. How often are your days left to chance, not based on any plans, just whatever happens, happens?

Always, usually, Sometimes, Rarely, Never

1 2 3 4 5
9. How often does your current occupation bring you ultimate satisfaction?
Always, Usually, Sometimes, Rarely, Never
5 4 3 2 1
10. How often is your current occupation enjoyable?
Always, Usually, Sometimes, Rarely, Never
5 4 3 2 1
11. How often is your current occupation tolerable at best?
Always, Usually, Sometimes, Rarely, Never
1 2 3 4 5

12. How often is your current occupation simply a means to an end?

Always, usually, Sometimes, Rarely, Never

1 2 3 4 5

13. How often do you care what others think of you?

Always, usually, sometimes, rarely, Never

1 2 3 4 5

14. How often do you believe you inspire others?

Always, Usually, Sometimes, Rarely, Never

5 4 3 2 1

15. How often do you believe others see you as a “decent” human being?

Always, Usually, Sometimes, Rarely, Never

5 4 3 2 1

16. How often do you believe others find you tolerable?

Always, usually, sometimes, Rarely, Never

1 2 3 4 5

17. How often do you find joy in helping others?

Always, Usually, Sometimes, Rarely, Never

5 4 3 2 1

18. How often do you believe you have joy and peace in your life?

Always, Usually, Sometimes, Rarely, Never

5 4 3 2 1

19. How often do you believe you are living out God’s will for your life?

Always, Usually, Sometimes, Rarely, Never

5 4 3 2 1

20. How often do you believe you are living out your personal desires for life?

Always, usually, Sometimes, Rarely, Never

3 4 5 2 1

21. How often do you have no clue what you are doing with your life?

Always, usually, Sometimes, Rarely, Never

1 2 3 4 5

22. How often are you led by others and what they want you to do?

Always, Usually, Sometimes, Rarely, Never

1 2 3 4 5

23. How often do you live your days with intentionality?

Always, Usually, Sometimes, Rarely, Never

5 4 3 2 1

24. How often do you think about what you need/should/want to do, but don't do it?

Always, Usually, Sometimes, Rarely, Never

1 2 3 4 5

25. How often do you feel like a failure?

Always, Usually, Sometimes, Rarely, Never

1 2 3 4 5

Scoring:

Add numbers of each answer for a total score, then find the range below.

Benched – 25 to 55: You've either lost your passion or haven't yet found your passion yet and therefore aren't moving forward in life, you've been benched. You likely feel like you are stuck or operating in survival mode, merely existing in life. To avoid spiraling further down into a pit you must discover or renew your passion so you can get into the game. Even a "pick-up" game would be better than being benched. At least when you are passionate you will feel as though you have a purpose and won't merely be existing in life.

Position Shift – 56 -75: You're in the game and you're making progress, but again you have lost your passion or haven't yet discovered it. You work hard at the game, but you just don't enjoy it anymore. This often happens to athletes. They will lose their love of the game. If you are at this stage you need to either renew your passion or perhaps focus on shifting your attention to discovering a new passion. Sometimes a coach will shift players around or change a player's position in the game if they are found to perform better in one position over another. Perhaps you can stay in the game and continue to make progress, but in a different position. You may just need a new outlook on the current situation or even more confidence in your "game".

Pick-up game – 76 to 100: You know what you are passionate about, but for one or more reasons you aren't moving forward in life. I call this "pick-up" because in a pick-up game the players often play merely for the passion of the game. They do it because they love it, not because they are committed or obligated to play, they simply want to play. Often when we are passionate about something we will spontaneously engage and come up with great ideas, just like passionate players will spontaneously start a pick-up game. The problem with this area is you may have great passion, but you are lacking something you need to propel you forward. It is likely that an excuse or excuses are holding you back. Unfortunately, this is often where I have found myself. If you are not seeing the results you desire you likely fall into this category.

According to the urban dictionary there is a new term, “pick up your game”, which means to improve your strategy on winning at the game. That is exactly what you need to do to move forward in life. Boost your existing passion with a strategy to move you forward. All you may need is a “tweak” or adjustment to your current passion or gig.

Starter – 101 to 125: You know what you’re passionate about and you are making progress. I would think this is where everyone wants to be. The starters on the team have “got it going on”. They see the most playing time usually. When you’re a starter everyone knows who you are and what you are capable of. If you are at this level that is awesome! This is where you want to be! This is the most satisfying level in life. However, you don’t want to end up in a different position, in a pick-up game or getting benched. You need to figure out why you are passionate and how you got to this level now, so that you don’t ever fall back.